

## Sigonella Hospital pharmacy open 24 hours

By Lt. Julie Washington, PharmD  
USNH Sigonella Pharmacist

In an effort to better serve customer needs, the Pharmacy Department at U. S. Naval Hospital Sigonella, will remain open 24 hours a day. With the increase in OPTEMPO, and an ever-expanding Sigonellan population, we felt this would be a great way to improve patient care. The pharmacy window will remain open for all customer needs including over the counter products (OTC's).

Another improvement includes bar coded scanning of your ID card to expedite your pharmacy services and to further improve patient safety. The technician at the window can scan your ID card to instantly pull up your medication profile. Please have your ID card out and ready to hand to the tech at the window at both the initial request and at the time of medication pick-up. This is for your safety in making sure the right patient gets the proper pharmaceutical product.

We offer an array of pre-mixed pharmaceuticals, so sterility of your intravenous products is a non-issue. These medications are pre-made by the manufacturer, so dosing is not an issue. We strive to make your inpatient hospital stay as comfortable as possible by taking away the worry of your medications.

Please keep in mind when using the local pharmacies in town that European products may not be comparable to FDA approved products in the United States. Ingredients, potency and efficacy may differ. Be aware of what you are taking in those situations.

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## Common Household Items Can Be Toxic To Your Pets

By Peter Vietti  
Contributing Writer

Did you know that everyday household items could be deadly to your pets? It has come to the attention of the housing department that people have taken animal control measures into their own hands by using household substances as means to deter animals from frequenting certain areas.

One specific substance that has been rumored to work in deterring animals are mothballs.

What people may not know is the toxic effect this substance can have on animals. According to the Animal Poison Control Center (APCC) the ingestion of just one mothball can cause serious problems in dogs and cats. Symptoms include vomiting, lethargy, seizures and blood disorders. Kidney failure and coma can develop in severe cases. The uncontrolled use of mothballs is a potential threat to not only small animals but also to unsupervised small children.

Other common household items that have been shown to be lethal in animals include potpourri oils, fabric softener sheets, automatic dish detergents, batteries, coffee grounds and homemade play dough. The use of any harmful substances for animal control can be deadly and is strictly prohibited.

If you are having a problem with a specific animal, you may file an animal incident report per NASSIGINST 5000.2D.

## Where'd they go, no "Stallions" in the barn

By JOSN Steve Weaver  
Staff Writer

It's April 17. The familiar whine of the MH-53 helicopters of Helicopter Combat Support Squadron Four (HC-4) the "Black Stallions" stationed at NAS Sigonella has been absent for some time. The nine huge helicopters that can normally be seen lumbering about the NAS Sigonella flight line are now elsewhere.

What has happened? Why are there no "Black Stallions" in the hangar?

"Our eight aircraft are all gone in support of Operation Iraqi Freedom," said Lt. Cmdr. Jim Dufford, pilot and operations officer with HC-4. There are more ships in the area due to the operation beginning. "There's so many more ships here than before and they all need to be serviced. We follow them and go to where they're at, if possible," he said.

Having all these aircraft deployed at one time is an oddity for the squadron. "I cannot recall ever deploying all the aircraft," said Dufford. "This is definitely a big thing, having all the

aircraft deployed." He added that it might have happened before in 1983 or 1984.

Traditionally, one of the nine aircraft is ab-

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An MH-53E "Sea Dragon" assigned to the "Black Stallions" of Helicopter Combat Support Squadron Four (HC-4) is loaded up with thousands of pounds of mail for the USS George Washington (CVN 73) battle group.

Photo by PHT David C. Lloyd

## Come on down, the road is open



A security bicycle patrolman stands by as a base shuttle bus and several private vehicles make use of the newly opened North South Road on NAS I Monday morning. The road, under construction since February, makes it possible to drive or walk directly from the main gate to Stephen Decatur School or the DECA/NEX Complex. The next step in the ongoing renovation of NAS I is the demolition of the old boiler plant, Building 182. For more information on Sigonella construction projects, turn to Recap Corner on page 3.

Photo by JO1 Craig Coleman

## Love of your life – Marriage preparatory course

By AN Michelle Hartgraves  
Staff Writer



Photo by AN Michelle Hartgraves

Getting married in the future? Getting married overseas can be different than in the states. What if you are getting married to a local national? Paperwork can be different and more complicated. At least there is one thing in common. The first step is attending the Marriage Prep Course.

The Marriage Prep course is a mandatory course required by NASSIGINST 1752.1J. The course is sponsored by the Chaplain Religious Department and Fleet and Family Service Center (FFSC).

The course is designed for soon to be spouses to "understand the love of their life." This two-day course covers a variety of topics.

"I think this course would put in perspective other points of views that maybe I have never thought about and I will learn to see things differently," added AT3 Sheldon Balderson, on his first day of the course.

ISSN Ryan Wagner stated, "I expect to learn communication skills and how to solve problems and conflicts."

The course themed "Understanding the love of your life" cover topics such as how to understand yourself and your mate as well as understanding each other.

To understand each other, participants are taught how to recognize their own

Marriage, page 6

## Today's Hometown Weather

Forks, WA



High 56° F - Low 39° F

Few Show-





# Direct Line

Capt. Tim Davison  
NASSIG  
Commanding Officer

We are very fortunate to have over 225 reservists here at NASSIG working side-by-side with their active-duty counterparts. We are lucky to have on board several teachers, a locomotive engineer, a commercial airline pilot, a professional artist, a furniture designer, a human resources manager, and of course, some police officers that were recalled to support us in protecting our base. Our new “can-do” SeaBee Detachment is from a reserve center in Michigan.

The Reserve Force plays an integral role filling needed billets across the active-duty force. The purpose of the U.S. Naval Reserve Force is to provide mission-capable units and individuals to the Navy and Marine Corps Team throughout the full range of operations from peace to war.

Operations Desert Shield and Desert Storm (1990-91) demonstrated that the Naval Reserve Force is a thoroughly effective and vital part of the general operational capabilities of the Navy in an emergency scenario. More than 20,000 Naval Reservists were recalled for active duty, running the gamut from medical personnel to Fleet intelligence support. These citizen Sailors responded and accomplished their jobs beyond all expectations. In 2001, 10,000 Naval Reservists were recalled to active duty for Operations Noble Eagle and Enduring Freedom to support the war on terrorism. Once again, the citizen Sailor proved the Naval Reserve’s value to the Fleet and the nation.

Our reserve forces are assigned into nine regional Naval Reserve Readiness Commands; 156 Navy and Marine Corps Reserve Centers, 22 Mobile Inshore Undersea Warfare units; 12 Naval Reserve Cargo Handling Battalions; four Naval Reserve Fleet Hospitals; 14 Inshore Boat Units, and 12 Construction Battalions. There are 25 Naval Reserve Force ships that are under the operational control of the two Navy Fleet commanders.

In today’s environment, this mandate takes on added meaning and responsibilities as the Naval Reserve Force is called on to play an increasingly active role in day-to-day planning and operational requirements of the Navy. The Naval Reserve represents 20% of the Navy’s total assets and is a significant force multiplier that the Fleet must have to meet its growing global commitments.

We can not do it alone. We need the support of the Guard and Reserves helping us and working with us daily. We are truly ONE NAVY! Thank you for what you do!

## The Pulse

### New Imaging Technology Supports Health Care

By Lt. Cmdr. Timothy Gormley, M.D.  
U.S. Naval Hospital Sigonella

In these times when our Sailors and Marines are forward deployed and facing enemy fire during their war on terror - it is more important than ever to support the medical needs of those who serve our nation. Naval Hospital Sigonella recently implemented a system that can allow same day radiology services to patients needing care at sea, forward deployed and in outlying clinics.

The new Digital Integrated Picture Archiving and Communications System - DINPACS allows teleradiology to be provided to doctors who care for patients in these environments. This service can be provided in almost real time, and our secure network protects the confidentiality of this service.


This system, received through the advocacy of our command and part of a worldwide plan to provide an integrated imaging system for the Navy, cost the Bureau of Medicine nearly \$800,000. This new system includes a network upgrade to support the increased bandwidth needed for such a data intensive system, several sets of diagnostic monitors which offer resolution comparable to a photograph on a computer screen, computers, storage devices, workstations, digital film readers and “x-ray cameras” that can obtain an image on a filmless cassette. The result — “filmless” radiology. Although images can be printed if needed, most of the diagnostic images now exist only as “virtual information.” Lost films will be a thing of the past, and often a conventional CD can replace a film jacket.

After much work by our MIS department, led by Lt. Charles Foster, this system was integrated with every computer terminal in our hospital. Now, every clinician in the hospital has real time access to the radiology studies of their patients as needed on their desktop computer. Included in this system are Computed Tomography (CAT scans), ultrasound, and fluoroscopy studies. This capability can be used to show patients in detail the results of their imaging and do much to “demystify” disease.

There are many advantages to this system for patients and physicians alike. Speed is one advantage. Although the time taken to obtain the needed imaging is about the same, the results, especially for outlying clinics and deployed units, return much faster, often on the same day. In the recent past, even in some places today, the films would have to be manually carried to the medical center for review - a process that caused both lost time and lost films. Our new system is better, faster, and more reliable.

Information can flow both ways, both from and to the “field” or clinic to the hospital as well as from the hospital to tertiary care medical centers and medical sub specialists back in CONUS. When subspecialty care or consultation is needed, radiology studies can be transmitted to specialists thousands of miles away, nearly in real time. Enhanced information sharing means improved care for our patients, and our ability to do this has never been better. In cases where this is needed, the same selection of expertise available at Bethesda, Portsmouth or San Diego is now available here at Naval Hospital Sigonella.

This new system offers better service both to our Sailors and Marines deployed far away and better service to their family members back home. Better health care is a goal we try to advance every day at Naval Hospital Sigonella and this improvement is only one of several ways this goal is met.



**SECURITY BLOTTER**

**CRIME STOPPER'S HOTLINE**  
**624-6389**  
**April 14 - April 20**  
The following incidents were reported and categorized as follows:  
Traffic accidents without injuries - 11  
Traffic accident with injuries - 5  
Car break-ins - 1  
DUI - 1  
DUI's 2003 - 20  
DUI's 2002 - 35

## Driving safety – A true story

The touching personal account of how one second, one decision changed the life of a Sigonellan forever.

It’s 5:00 a.m. The phone rings, jarring you out of a deep slumber. You answer it and a NCIS agent is on the other end, asking you to come to the hospital immediately. Your son has been in a car accident.

You and your spouse hurriedly dress and head to the hospital, which is only four blocks away. Once there, the NCIS agent, the CDO, and the duty Chaplain meet you at the door. From the looks on their faces, you know the news isn’t good. The CDO leads you to a corner where he quietly explains there were four boys in a car accident, two boys are dead and two are alive. Because of a mix-up of IDs at the scene of the accident, they cannot tell you if your son is dead or alive.

You start to cry and the Chaplain escorts you to the small chapel on the second floor. He stays with you. You try to pray but there’s a knot in your stomach, a sinking feeling that your son is dead. An hour or more passes before the NCIS agent knocks on the door. He has pictures for you to look at. Suddenly your knees go weak. You can’t do it. Your spouse touches your arm and says he’ll do it.

When he returns to the room; you look at his face and you know. Your son is dead. At that moment, your world collapses and you scream. Your life will never be the same again. Your son will never come home again. The nightmare is just beginning.

As I drive along the roads around NAS I and NAS II, I see many Ameri-

cans violating every driving rule they ever knew, from speeding to illegally passing. Each time I do, I think to myself, they just don’t know. They don’t realize that in one split second, their lives, the lives of their loved ones, and the lives of all those around them could change forever.

Drinking and driving, speeding, violating all driving rules-they can have the same consequence. DEATH.

I know. I’ve lived it and I will continue to live it every day the rest of my life. All I have left of my son is a 13-page investigation report, his cremains, and my memories. Don’t let it happen to you or your family.

It isn’t worth it. Be responsible and stay alive. For yourself and all those who love you.

Story submitted by a concerned citizen of the Sigonella community

## Engineering into the future

From Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) — For more than 50 years, the Navy has been leading and setting standards in the nuclear power field.

Continuing that tradition, the Nuclear Propulsion Program recently sponsored an award for the most creative concept for producing power for a city during National Engineers Week Future City Competition.

The Future City Competition program is a yearlong event that begins with local competitions. The Program started in 1993 as part of National Engineers Week. That year, it was dedicated to middle school students researching and writing about alternative energy sources. The enthusiastic interest it generated led to the continuation of the program to its present form.

“As we welcome new opportunities and face new challenges, we will continue to rely on these individuals to expand our possibilities and ensure a brighter future for all,” stated President

George Bush in a statement from the White House, Dec. 3, 2002, to National Engineers Week Future City Competition.

Today, the Future City Competition program includes 31 regions, cities and states, with pilot programs in Japan, Egypt, India and other countries expressing interest. This year, more than 1,000 schools registered for the competition with 30,000 middle school students participating.

Corporations, businesses and the military sponsor various awards. For the past three years, the U.S. Navy Nuclear Propulsion Program – which maintains and manages the propulsion plants for nearly 80 U.S. nuclear-powered ships and submarines – has sponsored the award for the most creative concept for producing power for a city.

In a new initiative, National Engineers Week 2003 also began scouting for New Faces of Engineering. Geared to feature engineers with a maximum of five years experience, it spotlights and celebrates the vitality and diversity of

the profession.

“This year, the Navy submitted 11 nominations for New Faces of Engineering, a recognition program to promote the accomplishments of young engineers,” explained Lt. Cmdr. Kevin Robinson, Nuclear Surface Warfare Officer community manager and Nuclear Programs Diversity officer.

Ensign Hoang Tran, serving aboard USS Montpelier (SSN 765), was selected as the Navy’s representative. Tran is the Chemistry and Radiological Controls assistant aboard the submarine and is responsible for maintaining proper water chemistry in both the primary coolant and steam systems in the propulsion plant.

Engineering continues to improve on advances and discovering new approaches to problem solving. That’s the nature of engineering. And the nature of Future City Competition.

For more information on the Navy’s Nuclear Power Program, [www.rpi.edu/dept/mane/deptweb/academics/ugrad/navy/navy.html](http://www.rpi.edu/dept/mane/deptweb/academics/ugrad/navy/navy.html).

## Get in spiritual Shape

By Chaplain Phillip B. Creider  
Command Chaplain

our souls with good things in order to make us stronger and better? When we hurt ourselves, do we apply spiritual wraps, straps, and rubs that will help keep us from hurting ourselves again?

Just like reading health articles, and fitting in PT on a regular basis, do we read good moral things and fit in our lives the activities that will make our characters and souls stronger?

Just as we go to the gym, the ball diamond, or the athletic field to take part in exercising our bodies with people who want to do the same, do we go to the synagogue, mosque, church, or temple to exercise our souls with the people who are there for the same reason?

Just as we avoid hurtful things to get in good physical shape, do we avoid hurtful things to be in good moral and spiritual shape?

Since we are so rightly interested in building up our bodies, which will turn old and slow in a few decades, shouldn’t we build up our characters and our souls which will last forever? Since we want the best for our bodies, shouldn’t we want the best for our souls?

Perhaps, by thinking about these things, we can start to get ourselves in better shape for the demands that lie ahead: Not only the demands upon our physical bodies, but the demands upon our morals and our souls.

Perhaps we can arrange our lives so that when we look into the mirror we can see not only a well take care of body, we also a well taken care of soul.

Take a walk through most shopping areas, including our NEX, and you will find whole sections devoted to health care and “performance enhancing” products. You will find vitamins, nutrition supplements, protein shakes, and all the stuff that is designed to help us “do better”. Somewhere near by, you will also find a sports section with weights, athletic gear, and even wraps, straps, and muscle rubs that are supposed to keep us from hurting or re-hurting ourselves while we use the equipment.

All these things are designed to help us be the best that we can be. It makes sense.

I like to box. When I was boxing more than I do now. I’d be more careful with my eating and drinking, my daily PT, and my two or three times a week sparing. Why loose and get beat up just because I wasn’t in good enough shape? I wanted to do the best that I could do.

Wanting to do well is simply a good attitude to have with just about anything. So, let’s have some fun and apply this attitude toward athletics to our attitude about our morals and souls.

Do we nourish our characters and

### NAS Sigonella Worship Opportunities

- Catholic Mass**  
Saturday 5 p.m. Chapel (NAS II)  
Sunday 9 a.m. Chapel (NAS I)  
Sunday 9 a.m. in Italian 41<sup>st</sup>  
Stormo Chapel (NAS II)  
Sunday 11 a.m. Community Center (Mineo)
- Protestant Traditional Worship**  
Sunday 9 a.m. Chapel (NAS II)
- Protestant Worship**  
Sunday 9 a.m. community Center (Mineo)  
Sunday 11 a.m. Chapel (NAS I)
- Latter Day Saints**  
Sunday 1 p.m. Chapel (NAS I)
- Church of Christ**  
Sunday 3:30 p.m. Chapel (NAS I)
- Jewish Shabbat Service**  
Last Friday of the month 5 p.m.  
Chapel (NAS I)
- Weekdays**  
Daily Catholic Mass 11:30 a.m.  
(NAS I & II Chapels)  
Wednesday Protestant Bible Study  
4:45 p.m. (NAS II Chapel)  
For more details, call 624-4295 or 624-2947.

<b>Commanding Officer</b> Capt. Timothy L. Davison	<b>Deputy Public Affairs Officer</b> Alberto Lunetta	<b>Staff Writer</b> AN Michelle Hartgraves
<b>Public Affairs Officer</b> Lt. Steve Curry	<b>Asst. Public Affairs Officer</b> JO1 Craig Coleman	<b>Staff Writer</b> JOSN Steve Weaver
<b>The Signature</b> editorial office is located at: Naval Air Station Sigonella, Sicily PSC 812 Box 3020 FPO AE 09627. Telephone: 095-86-5440; DSN 624-5440		
<b>Editor</b> JO2 (SW) Brian Johnson johnsobl@nassig.sicily.navy.mil		

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# NAVY NEWS

## Vice Adm. Keating Named Honorary Master Chief

By JOC Christina Johnson,  
Naval Media Center

CENTRAL COMMAND (NNS) — During his week-long visit to the U.S. Central Command's area of responsibility, MCPON (Master Chief Petty Officer of the Navy) (SS/AW) Terry Scott held a chief's call with a special surprise at Naval Support Activity Bahrain.

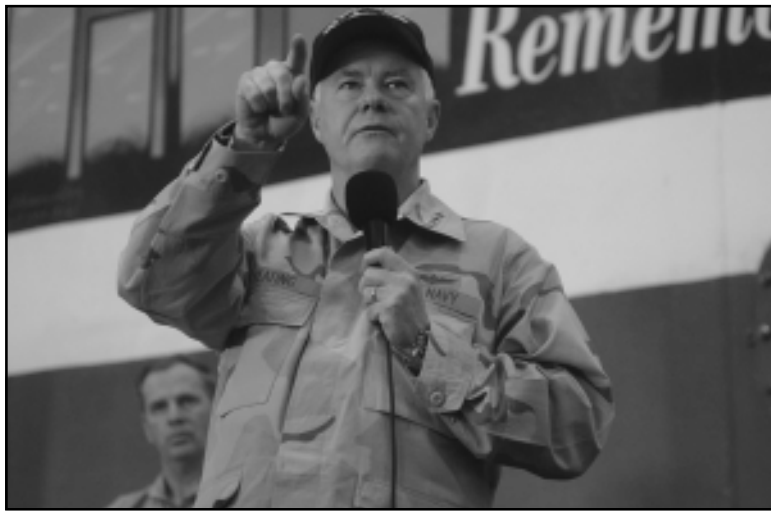
MCPON was accompanied by Vice Adm. Timothy J. Keating, commander, U.S. Naval Forces Central Command/U.S. 5th Fleet, and Chief of Naval Operations Master Chief (SS/SW/AW) R. J. Chapman, force master chief U.S. Naval Forces Central Command/U.S. 5th Fleet.

MCPON began the chief's call by saying he had the authority to grant one thing. That one thing is the honorary rank of master chief petty officer, which he was granting to Keating.

"There is no man more deserving, who has demonstrated concern, care and respect for our Sailors and chief petty officers than Vice Adm. Keating," said Scott.

The granting of the honorary master chief rank came as a total surprise to Keating, whose initial response was "Holy Smokes!"

MCPON and Keating's wife, Wanda Lee, performed the



Vice Adm. Timothy J. Keating, U.S. Naval forces Central Command, and U.S. 5th Fleet speaks at a Chief's Call in Bahrain.

traditional pinning of a master chief's anchors to the admiral's lapel. Keating then spoke about the previous day's visit to Iraq with MCPON. He said he saw despair and sadness, but also hope and joy of Iraqi men and women when they saw an American Sailor.

Keating noted that the visit to Iraq was special and then turned his attention back to his honorary promotion to master chief petty officer. "To be able to stand with you, not along side you, but with you as one of you, is an honor to which words cannot do justice," Keating concluded.

## Recap SIG 2.3 CORNER

### North-South road at NAS I is open

We opened the North-South Road running from the Main Gate to the park-playground, Stephen Decatur School and the Exchange-Commissary area on Monday, April 21. This change simplifies circulation and will speed your entry onto the base. In anticipation of the demolition of the Old Boiler Plant (Building 182), please use the sidewalk along the new North-South Road because the path we normally use, near the Fire Station, will be removed with the Boiler Plant. This opening is the second of four steps that will complete the road. The first step was the completion of the new main gate in November last year. The third step will be to complete the second inbound lane at the front gate, and the construction of the turnout and parking area next to the Main Gate will complete this work. Construction on the last two steps will begin with the demolition of the old Telephone Exchange Building (306), the old Guard Shack (206) and the old Security Building (200) in August. On Monday morning, the school busses returned to using the front gate for the first time in about 5 months and the side gate they had been using is now closed.

**How SIG 2.3 Affects You:** We will begin installation of the new gas line along Forrestal and Sherman Roads in front of the NAS 1 barracks later this month. Utilities work will continue on Halsey Road in front of the Stephen Decatur School through the end of June. Please be careful in this area, stay on the sidewalk, and do not try to pick up or drop off your children in this area. For the rest of the school year, until June 12, the school busses will use the loop road around the NAS 1 Park to pickup and deliver students from 7:15 to 8 a.m. and from 2 to 3 p.m. each school day. We ask for your cooperation to keep the road clear. PLEASE DO NOT PARK IN THE LOOP ROAD.

If you have any questions about SIG 2.3 construction, contact Lt. Darren Hale at haled@nassig.sicily.navy.mil.

## Memorial Service Held at Sea for Fallen Aviator



By Lt. j.g. Nicole Kratzer  
Carrier Air Wing 5 Public Affairs

ABOARD USS KITTY HAWK, At Sea (NNS) — The "Dambusters" of Strike Fighter Squadron (VFA) 195 and Carrier Air Wing (CVW) 5 said a final farewell to Lt. Nathan "O.J." White, April 16, during a memorial service held on the flight deck of USS Kitty Hawk (CV 63).

White was killed in combat during a night close-air support mission April 2 in support of Operation Iraqi Freedom.

"What I remember most about O.J. is that he was an all-American kid," said Cmdr. Kent Aitcheson, VFA-195 commanding officer. "Clean cut, in great physical shape. He was devoted to God, to family and to country."

White was born in Abilene, Texas, the second oldest of eight brothers and sisters. White interrupted his college studies to serve a church mission for two years in Osaka, Japan. On completion of his missionary service, White finished college at Brigham Young University in 1997, graduating with a bachelor's degree in Japanese. O.J. joined the Navy and reported to Officer Candidate School at Pensacola, Fla., and was commissioned as an Ensign in July 1998. In July 2000, he was designated a naval aviator. After earning his "Wings of Gold" in April 2001 at the top of his class, O.J. was assigned to the "Dambusters" of VFA-195, joining the squadron aboard Kitty Hawk at sea.

During his 23-month fleet tour, White served as the Avionics and Armament division officer and as the squadron Weapons and Tactics officer. While assigned to the "Dambusters," he completed four deployments to the Western Pacific and Arabian Gulf, embarked aboard Kitty Hawk. During this time, White earned his designation as a Strike Fighter Weapons and Tactics level three Combat Section Lead and performed exceptionally in combat during Operation Iraqi Freedom. His awards include the National Defense Medal, Sea Service Ribbon and Overseas Service Ribbon.

For his squadron mates, "Juice" was a dedicated friend and companion. "He was always around when I needed to unwind," said Lt. Dan Cochran, White's roommate when embarked on Kitty Hawk. "Being around him was easy and enjoyable. Often at night when I'd write in my journal, I'd mention how grateful I am to have a buddy like Nate in my squadron."

Lt. Jason Naidyhorski, another fellow "Dambuster," remembered him as "a truly genuine person, the kind of guy that you always looked up to and knew you could count on."

Memorial, page 8

## News Briefs

### Book Fair

The Stephen Decatur PTSA is sponsoring a used book drive the month of April. Collection boxes are located throughout the school and library. All proceeds from the May sale will benefit the school library/information center. After you clean out the bookshelves come to the school odium April 29 through May 2, for the Scholastic Book Fair. The book fair is open to all from 8 a.m. to 4 p.m.

### Lifeguards Needed

There are lifeguard positions available. Good pay for part time and full time. We have only one applicant and will not be able to operate the pools without more help. Call Rich at 624-5335.

### Open Season

April 15 to June 30 is TSP open season. Sign up for TSP because money doesn't grow on trees.

For more information contact your departmental CFS or the NASSIG Command CFS at 624-2363 or check it out the web at [www.tsp.gov].

### Financial Specialist Course

Think you know it all about money? Become your command's Financial Specialist. Learn more about finances and pass it on to your shipmates. Classes are May 5 to 9 from 7:30 a.m. to 4 p.m. in the Retention Center. Requires no cost TAD orders or approved request chit for E-6 and above, W-2/0-1 or civilian counterparts only. There are limited seats so sign up early. Call MM1(SW) Nieves at 624-2363 or FFSC at 624-4291.

### New Service Available at the Hospital.

Varicose vein treatment is now being offered every Friday from 8:45 to 9:45 a.m. on a first come first serve basis. Treatments take about five to 10 minutes. Usually a total of four to five treatments are required.

### Now Accepting Applications

Seaman to Admiral 21 is now accepting applications from eligible candidates. Speak with your chain of command, department Career Counselor, the Command Career Counselor's Office, or visit <http://www.sta-21.navy.mil> for more information.

## Task Force Charlie Seabees Make Desert Home

By JOC Lorraine Elliot  
Task Force Charlie Public Affairs

CAMP MOREELL, Kuwait (NNS) — Camp Moreell, a military compound in Southwest Asia, is home to the U.S. Navy Seabees operating in the Arabian Gulf region under Task Force Charlie.

The camp, constructed by Naval Mobile Construction Battalion (NMCB) 5 in November, in many ways exceeds conditions during field exercises. Secure behind lines of concertina wire, the Seabees live in 12-person tents with plywood floors and lumber reinforcing the top and sides. They have heating/air conditioning units and electrical power.

The Seabees get three hot meals a day. Mail and telephone services, and shower and laundry facilities are all optional.

For recreation, the Seabees have computers with Internet access, cable television and movies available in the morale tent, as well as sports equipment and board games. Most have little time for recreation, however.

Working seven days a week, the Seabees run convoys of people and supplies to other camps. They maintain and repair construction equipment and camp facilities. They have construction projects on and off camp, and the sound of bulldozers and trucks is heard day and night. The primary focus of their efforts is to provide contingency construction support to the 1st Marine Expeditionary Force.

When they aren't working, the Seabees are training in specific war-time missions, as well as refreshing their skills in areas such as the prevention of chemical, biological and radiological contamination, first aid/buddy aid, camp and personal security and equipment operation.

Task Force Charlie comprises Seabees from several Naval Construction Force commands, including NMCB-5 from Port Hueneme, Calif., NMCBs-74 and 133, homeported in Gulfport, Miss., and Reserve NMCB-21 from Lakehurst, N.J. Naval Construction Force Support Unit 2, also from Port Hueneme, and Con-



EO3 Joshua Winjum of Naval Mobile Construction Battalion Five (NMCB-5) operates a road grader to evenly level a helicopter staging area

struction Battalion Maintenance Unit 303 from San Diego are also assigned.

## More Drill Time Available for Naval Reservists

From Commander, Naval Reserve Force Public Affairs

NEW ORLEANS (NNS) — Navy Reserve unit leaders have even more drill time available each month for the rest of this fiscal year to help them manage administrative requirements.

One change to the Reserve management periods (RMP) includes doubling the number of drills available each month for officers and enlisted who do unit administration.

Also, the days can be used quarterly instead of monthly. Now, all RMP units have 12 officer and six enlisted drills per quarter to be issued at the unit CO's (commanding officer) discretion.

Unit COs can also expect increased annual training (AT) and inactive duty training travel (IDTT) funds to be available in the near future.

"We need the help of unit leadership to identify training opportunities through the Reserve centers, so they can get more funded

from the Echelon IV comptrollers," said Lt. Cmdr. David Herschel, director of Finance and Budget for Naval Reserve Forces Command. "No reasonable AT request should be denied."

For more information on the Naval Reserve Force Command finance office and these initiatives, log onto <https://www.reserves.navy.mil> and look for the "Finance/Accounting" link on the Logistics and Finance tab.

## FLEET MANAGEMENT CENTER, VICENZA WILL CONDUCT A SEALED BID SALE OF GSA EXCHANGE VEHICLES

TYPE OF VEHICLES ON SALE: SEDANS, PASSENGER VANS, CARGO VANS, TRUCKS, BUSES, ETC.

VEHICLES ARE LOCATED AT: VICENZA-IFMS SALES LOT, LIVORNO-IFMS SALES LOT (Army depot), SIGONELLA-NAS II (paint ball field).

INSPECTION DATES: VICENZA & LIVORNO April 22 to MAY 2

INSPECTION DATES: SIGONELLA May 7 to MAY 9

BID SUBMISSION: NLT 9 a.m. MAY 13

FOR INFORMATION CALL  
IFMS VICENZA AT DSN 634-6266 or IFMS  
LIVORNO AT DSN 633-8274

### THE ENERGY BLOCK

Measure, Monitor, and Manage.

What does this mean for us at Sigonella? Huge savings. As meters are being installed in facilities, the energy usage is being logged monthly and calculated to find the peak hours, trends, and wastes. With the days getting warmer AC's are going to be turning on and windows and doors left open. It is going to be vital that each facility become involved in curbing its energy consumption. It is each and every NASSIG employee and resident's responsibility that if it is not needed TURN IT OFF. By using our eyes and ears, we will become the keys to energy savings.

Energy savings can be achieved by very simple measures such as cleaning filters on small window units, clean dryer filters, keep drapes and shades closed during the hot summer days, doing laundry at night, and cleaning refrigerator coils- just to name a few.

Any questions on how you or your command can help feel free to call PWD Energy at x2064 or x6062. \*DID YOU KNOW: Adding low-emissivity (low-E) coatings to all windows in the United States would save the equivalent of 500,000 barrels of oil per day—one-third the amount of oil we import from the Persian Gulf.

LETS USE, NOT ABUSE





By Alberto Lunetta  
Signature Staff

# Italian News

Sicilian culture and lifestyle

## Vizzini hosts Ricotta and Cheese Festival

From April 25 through 27, the town of Vizzini will hold the annual *Sagra della Ricotta e del Formaggio* (Ricotta and Cheese Festival). Festival visitors will have the chance to see how ricotta is still made according to the ancient tradition. Local cheese makers will perform the *Mescita*, (the preparation of the ricotta). The name ricotta comes from the Latin word *Recocta*, (cooked twice). The ancient Romans used to serve it to important guests and offered it as a sacrifice at religious ceremonies. Ricotta became very popular in the Middle Ages. Even though Ricotta is classified as a light-textured, mild fresh cheese, it is actually a byproduct of the cheese making process. It could be made from sheep, cow or goat milk's whey. The whey obtained from the curd of fresh milk is poured into a large tinned copper pot, named *Quarara* and placed over a gas burner set an inch or two off the floor. Ricotta forms when proteins from the whey separate, rise and coagulate. Once ready, the cheese has a granular structure and is white in color. The flavor is tasty and appealing. It must be consumed fresh otherwise it acidifies. Ricotta is eaten as fresh cheese or used in baking and in fillings for lasagna, ravioli, and other pasta dishes. If mixed with sugar and chocolate drops it is a perfect filling for the *Cannoli* or other pastries. Some of the fresh ricotta is set aside to harden and is heavily salted. After a week it is fit to be used as *Ricotta Salata* (salted ricotta), to be shredded over pasta, especially on top of the *Pasta alla Norma* the specialty of Catania that is dressed with tomato sauce and eggplant.

Festivalgoers can also enjoy other traditional specialties such as *Cudduruna* (pizza shells topped with grated cheese, sun-dried tomatoes and oregano), *Impanate* (calzone-like pizzas filled with vegetables) and Arancini *con Ricotta* (rice balls filled with ricotta cheese). Delicious sweet foods will also be available. Among them there are: *Cassatelle* (doughnuts with ricotta on top), *Nucatole* (sweets made with almonds, sugar, flour and iced with chocolate) and last but not least *Cannoli*.

### Festival Schedule Highlights

On April 25, the Festival starts in the main square at 9:30 a.m. with a folklore show. Later at 10 a.m., a Sicilian carts parade is held throughout the city's historic center (piazza Marconi, viale Vittorio Emanuele and viale Margherita). In the evening, a music show begins at 9 p.m. at the public gardens. A belly-dancing show follows at 10 p.m. On April 26, the festival kicks off with a folklore show at 4 p.m. in the historic center. A blues music concert is held in the evening at 8:30 p.m. at the

public gardens. The last day of the festival (April 27) begins with a folklore show at 9:30 a.m. in the historic center. The parade is followed by a performance of the Vizzini City Band at 10 a.m. that is held throughout the city's main streets. At 5 p.m., the city band will play another concert at the public gardens.

### History of the city

Vizzini, a town placed between two hills, is located on the northwestern slopes of the Iblei Mountains. It is 60 km. from Catania and the altitude of its territory ranges from 187 to 919 meters. Vizzini was first a Greek town, and then it fell under Roman rule. Over the centuries, Byzantines, Arabs, Normans, Swedes and then the Spaniards also conquered it. In 1693, Vizzini was half destroyed by a terrible earthquake. Its reconstruction took more than 100 years. The natural disaster spared the medieval part of the town. Most of the 20 churches were rebuilt in their original beauty.

The Chiesa Madre (Cathedral) and the Church of San Giovanni Battista are among the city buildings worthy of a visit. The Chiesa Madre partly resisted the 1693 earthquake and was rebuilt on the old Senatorial Palace and on the remains of a Benedictine monastery founded by Gregory the Great, patron of the town.

On the left flank of the church a beautiful Catalan Gothic style portal decorates the entrance portal. A wooden ceiling by Natale Bonaiuto and two paintings by the Florence master Filippo Paladini embellish the interiors.

San Giovanni Battista is the biggest church of the area. Stuccos from Natale Bonaiuto and splendid altars in Rococo style decorate the interiors.

Your Vizzini tour must also include the Capuchin Convent. The Capuchins are among the first religious orders that settled in Vizzini. Dominican and Augustinian Convents were also built in the area. The fascinating painting *Deposizione* (the Deposition) painted in 1607 by Filippo Paladini is preserved in the Capuchins Church.

Vizzini is also famous for being the setting of *Cavalleria Rusticana* and *Mastro Don Gesualdo*, two famous novels from Sicilian writer Giovanni Verga (1840-1922). Verga wrote novels on the life of the poor peasants and fishermen of Sicily. David Herbert Lawrence (1885-1930) translated many of his works in English. The Sicilian novelist spent his



The annual Sagra della Ricotta (Ricotta cheese Festival) celebrates the Ricotta cheese and other traditional specialties produced in Vizzini and offers visitors a series of spectacular gastronomic and entertainment events to enjoy. In the picture, local cheese-makers perform the *mescita* or preparation of Ricotta cheese.

the town, will offer you a network of paths that are truly fit for all who enjoy nature. During the walk, there will be a stop at a local farm where the Motta Tourist Office will have delicious *pani cunzatu* (fresh oven baked bread dressed with black olives, sun-dried tomatoes, olive oil and oregano) ready for you to taste. If you are interested in joining, just show up on April 27 at 8:30 a.m. in piazza Umberto, a square located near the church of Saint Antonio in Motta.

On April 30 at 9 a.m., a tree planting ceremony will be held at Motta's public gardens. American and Italian students from Motta and Sigonella will plant four trees. Local dignitaries, scouts and volunteers associations' representatives are expected to attend.

childhood on his property in Vizzini at his beautiful family house (Palazzo Verga) located in Piazza Umberto I, the main square.

### How to get there

Vizzini can be easily reached by taking the Tangenziale highway toward Siracusa. Once you arrive at the Primosole Bridge (located above the river Simeto) turn right and take the national road 194 for Ragusa and after 42 km you will find the crossroad for Vizzini. For more information call City Hall Tourist Office at 0933-968200.

## Outdoor activities in Motta

Did you know that there are a number of areas around Motta that are just perfect for a walk? The Sieli hills, which are located on the outskirts of

SUNDAY		MONAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
COMMUNITY CALENDAR										25 APRIL	Health Fair 11 a.m. to 3 p.m. NAS II Gym Call 624-4710	26 PJ's & Pancakes 10 a.m. to noon for kids under five CDC	
27 Palma di Montechiaro & La Modonna del Castello Festival ITT Call 624-4396	28 Movie, Volleyball, & barbecue 7:30 p.m. NAS I Pavilion	29 Italian Dine-out depart 7:30 p.m. Liberty Call 624-4331	23 National Oatmeal Cookie Day free cookies while supplies last Take 5	1 MAY	Cruise the Aeolian Islands ITT Call 624-4396	Wine Tasting & Chinese Restaurant ITT Call 624-4396		3 Lentini Shopping depart 8 a.m. ITT Call 624-4396					
4 Outdoor Flea Market 10 a.m. to 2 p.m. location TBA Call 624-4271	5 Cinco de Mayo	6 Pre-Teen Torch Club ages 10-12 3:30 to 4 p.m. 205 Youth Center	7 IL Barbiere di Siviglia by Gioachino Rossi Opera Performance ITT Call 624-4396	8	Patti Shopping depart 7:30 a.m. ITT Call 624-4396	9 Provider Appreciation Day		10 Sailing Trip to Aci Trezza & Cyclopes Rocks AU Call 624-4271					
11 Mother's Day	12 Camp Adventure Registration kids six to 12 only 205 Youth Center	13 Old School vs. New School Basketball Game 5 to 7 p.m. NAS II Gym Call 624-2710	14 Game Night 4:30 p.m. Take 5 Call 624-4331	15	Mineo Teen Push-up Contest 4 p.m. Mineo Comm. Bldg.	16 Armed Forces School Yard Rules noon to midnight NAS II Ball Fields Call 624-2710		17 Paintball depart 8:30 a.m. Liberty Call 624-4331					
18 Messina & Castle of Milazzo ITT Call 624-4396	19 Special Additions Community Bldg. 1-3 p.m. Call 624-4291	20	21 Youth Tee-Ball and Baseball Practice until May 5 Call 624-4054	22	Acireale City & Shopping ITT Call 624-4396	23 Sunset Horseback Riding Liberty Call 624-4331		24 Tropea Mainland Italy Camping Trip AU Call 624-4271					



# BEARINGS: building life skills, one Sailor at a time

By JO1 Jd Walter  
BEARINGS Atlantic Fleet

NORFOLK, Va. — Next to fighting war, fighting junior Sailor attrition due to disciplinary action may be the Navy’s biggest challenge. Losing young Sailors not only undermines the efficiency of Navy commands, but also costs the Navy about \$24,000 per lost recruit. So two years ago the Navy implemented a program focused on providing at risk Sailors with the tools to develop life skills that would send them back to the deckplates with a renewed sense of purpose and dedication.

Junior Sailors are constantly challenged with internalizing a forward deployed environment with which they have no experience. They are faced with isolation from friends and family, and the comforts of home. They work long, arduous hours, only to be rousted from their bunks at all hours for drills, to stand watch, or to respond to an emergency. In this hectic atmosphere, outlets for Sailors’ frustrations, disappointment, and angst often appear to not exist. The resulting attitudes become a disruption to the productivity of the workforce, breed like attitudes in others, or can lead to a violent release of the pressure.

“Being in the Navy is not always easy,” said NCC(SW) Woodrow King, BEARINGS Atlantic facilitator. “Its very easy to fall into the trap of letting the situation get the better of you. We have a pretty good system in place for taking care of our Sailors who are struggling, but sometimes more is needed. That’s where BEARINGS comes in.”

The mission of BEARINGS is to build life skills that promote success in both the professional and personal lives of Sailors. The two-week course caters to junior personnel (E1 to E4), typically between 18 to 25, and have not been through the disciplinary process, but display disruptive behaviors such as a lack of motivation, problems dealing with authority, poor attitude and anger management skills, or who have low self-esteem.

While many students arrive expecting Boot Camp Part II, they are surprised to find a relaxed environment with patient instructors who treat them like mature adults capable of being successful in everything they do. The course includes a two-day personal growth seminar conducted by local CREDO offices, that focuses on inner reflection and personal accountability, and a one-day ropes course designed to build team cohesiveness. Additionally, the Navy Col-

lege Office conducts ASSET testing to determine academic levels in Reading, Math, and English. These elements, in addition to seminars in anger and stress management, motivation and goal setting, managing personal finances, physical fitness and nutrition, and substance abuse are integral parts of the comprehensive personal growth and development program.

“In essence, we want our Sailors to become proficient in making the right decisions, in any situation,” said King. “Every Sailor has the ability to succeed, but it starts with their believing in themselves, and that’s where BEARINGS starts.”

The results of the program are in the numbers. Since its inception, BEARINGS has graduated close to 900 students, and boasts an attrition rate of 9.9 percent. Compare that with a 23 percent rate throughout the rest of the Fleet, which equates to \$21 million in saved training losses, and its easy to see that the proactive approach to helping Sailors help themselves is key to not only their success, but the Navy’s as well.

As for the students themselves, the results are in the attitudes. CMDCM(AW) Benning, former VF-103 command master chief, eagerly reported the positive results shown in one Airman he sent to BEARINGS.

“He came back very positive,” said Benning. “ Not only did he recommend the program for several of his shipmates, but he finally opened up to me as the Command Master Chief and was willing to talk about the issues that had been bothering him.”

Along with stronger communication skills, BEARINGS graduates are returning to Fleet ready to take on the responsibilities of their job and show a tendency to direct a greater amount of energy into preparing for advancement. The positive influence of returning graduates is also making BEARINGS an increasingly popular choice for those Sailors who have hit a bump in the road and need help developing the tools to overcome adversity.

“This program is all about our Sailors,” said Mark Simonds, BEARINGS Program Manager. “As the stress builds and a Sailor begins to lose focus, we are hear to bring him or her back in line by giving them a personal action plan and an outlet to deal with the pressures of a Navy life.”

For more information on the BEARINGS program, please visit [www.ftcnorfolk.navy.mil/Bearings/Bearingsdefault.html](http://www.ftcnorfolk.navy.mil/Bearings/Bearingsdefault.html) or email BEARINGS staff at [www.ftc.bearings@cnet.navy.mil](mailto:www.ftc.bearings@cnet.navy.mil)

## Memorial from page 3

To the enlisted members of VFA-195, White was a mentor. “If we ever had a problem, he was always there to talk to us,” said Parachute Rigger 2nd Class (AW) Tyson Saunders, one of the Sailors responsible for maintaining the pilots’ survival equipment.

Airman Rudy Madrid, a plane captain with the “Dambusters,” who hopes to become an officer through the Navy’s STA-21 program, looked to White as an inspiration. “He was a role model,” he said. “Someone I could look up to.”

During the service, Capt. Patrick Driscoll, Commander, Carrier Air Wing 5, spoke of the sacrifice that O.J. and his family made to ensure the people of Iraq could be free from the reign of a tyrannical regime. “When we lose a shipmate like this, it is the parents, the spouse and the children who bear the heaviest burden, suffer the greatest loss and pay the

highest price,” said Driscoll. “And it always seems like we lose our strongest players. Nathan was a great American, and we are indeed lucky to have so many fine young men and women like him who volunteer to serve our great nation.”

White is survived by his wife, Akiko Ohata White, his daughter Courtney, and two sons, Austin and Zach. During his eulogy, Cochran spoke of the dedication O.J. had for his family. “His wife, Akiko, and his three children meant everything to him. He kept pictures of his family in his desk, and sometimes I’d see him smile and put a little kiss on their foreheads. I know that Akiko and the kids are strong, and I pray that the Lord will comfort them through this grieving period.”

Those wishing to make a contribution to the family, can mail checks payable to the “White’s Children’s College Fund,” account number 243104278, to Com-

## Hypnosis — fact or fiction?

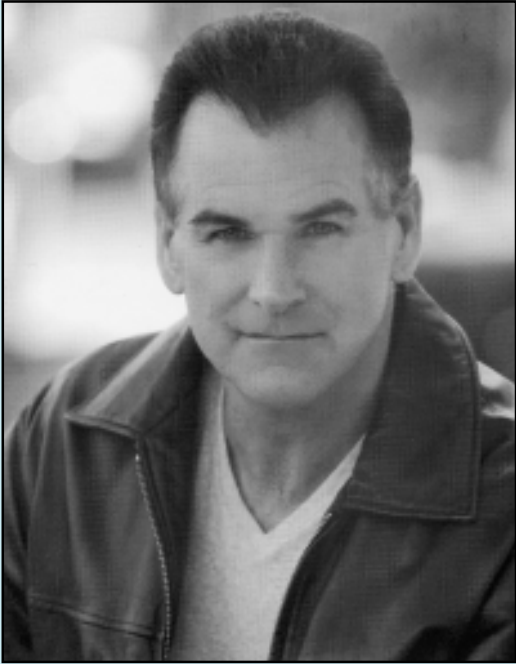
Come and see for yourself!

Chuck Miligan

Always unpredictable, exceptionally entertaining, hilariously funny.

Tonight at Live Wire  
9 p.m.

Free for all U.S. I.D. cardholders over 18



## Marriage from page 1



Photo by AN Michelle Hartgraves

Chaplain Wesley Myhand talks with a group a Sailors and their future spouses at a recent Marriage prep class.

strengths and weakness as well as each other’s. They are also shown how to recognize their areas of personnel growth.

“I can expect to learn more about my future spouse from attending this course,” stated ET3 Jimmel Brown as she smiled at her future husband ET3 James Walsh. Brown might be right as the course also covers how to develop a better understanding and how to appreciate both the strengths and weakness of each other based on a character test taken at the beginning of the course.

Each mate is shown how their characteristics can add value to the marriage team and how when dealt with wrongfully, the weaknesses can harm the marriage. They are also taught how to deal with situations under tension. Learning how to make the right decisions and having the right kind of emotional response were key discussions.

However, the course does not end only covering this topic, but also touches on financial matters such as budgeting and planning for a family.

Merriam-Webster’s Dictionary defines marriage as an intimate or close union. It also defines being in love as to thrive in life. Want to thrive in your marriage? The first step is getting married; just don’t miss the mandatory Marriage Prep Course.

## Pharmacy from page 1

One last reminder, medications for other than chronic conditions are meant to be used on an acute basis. Stockpiling medications in the Sicilian environment (hot/humid) may cause a more rapid deterioration of the drug, reducing both strength and effectiveness. Watch expiration dates on your medications, placing them in a cool, dry area out of direct sunlight is the best method for storage.

The pharmacy department is made up of thoroughly trained, very knowledgeable technicians as well as two licensed pharmacists; all are available for your medication questions. We are here to serve you and support the Fleet. And, as always, we ask that you call in your refills 24 hours in advance. The pharmacy phone number is: 624-4685.



# Word Find

## Dog Breeds

I J U K S I C I X W E K N C P I M L C E X F I I B  
B X T T G N R X B O F N N A M R E B O D K O U U F  
B Y A X H Y O L D H K O D D H U M Y C V Q C L Z S  
S L U X B C K E K C X I R S D G Y Z K P D L A T O  
E Y E G R O U S G W G T V R A B F D E S M A B S B  
O A M J I E G N U O O A U W E I M A R A N E R E Z  
A Q U K T P I Y S H D M D V C Z X T S O R O A R H  
L A R H T J B R Z C N L E Z F P U T P N C G D J N  
L N Z X A Y I N R D I A L R A J I A A E L D O O P  
Y N I E N U C T N E A D I U V F U R N E V U R U R  
F U P D Y B H U K E T W V R B H D A I H N X Y O A  
U F A D G R O I I N N L O E E N C N E O C P D H T  
U U D Z X H N S H P U G L V G B A E L W G S N C D  
A E K A D W F F T C O F L E P I C R R C R U R Y  
G E B O X E R I K O M M R I S A J S I T X X H P G  
L B O Q G D I N C Q N M F R S S Q R Q R E F S X M  
I L U D B J S N U R A T E T I H U E G V E Q H B Q  
B W U Y E I E I U N E G E E N T B R L V O M C X X  
T Q J B X A J S S S N L F R C T E U K K L F A S D  
V E U Z T N L H S I E D I N R A G P L C H E D K M  
Y Z S H E I E S R E R I E E T I V K P L A O A J D  
D C N S S P P P Z P Y M L D W M E W L I D J U L M  
P E A T A C S I E I P N A L P T G R E Y H O U N D  
C B W R G B C T B B V N X O O R O Q H H M W G S D  
A R D V E F R Z I L E M C G V C Y R F F W B G C K

AFGHAN	BRITTANY	ELKHOUND	PITBULL
AMERICANBULLDOG	BULLMASTIF	ENGLISHBULLDOG	PYRENEANMOUNTAINDOG
BASENJI	CANECORSO	FINNISHSPITZ	ROTWEILER
BASSET	CHIHUAHUA	GERMANSHEPARD	SCHNAUZER
BEAGLE	CHOWCHOW	GOLDENRETRIEVER	SIBERIANHUSKY
BICHONFRISE	COCKERSPANIEL	GREATDANE	SPRINGERSPANIEL
BLOODHOUND	COLLIE	GREYHOUND	STBERNARD
BOSTONTERRIER	DACHSHUND	HUSKY	VIZSLA
BOXER	DALMATION	JACKRUSSELLTERRIER	WEIMARANER
	DOBERMANN	LABRADOR	WHIPPET

# TRIVIA

What is the only word in the english language that ends with the letters mt?  
Pogonophobia is a fear of what?  
What does lethologica mean?  
What U.S. city has the highest rate of lightning strikes per capita?  
Where can you find the largest fleet of taxis in the world?

(Answers on page 9)

## Movie Connection

MOVIE's Theater Schedule

### Friday, April 25



5:30 p.m.  
**Anger Management**  
(PG-13) \*\*



8 p.m.  
**Old School** (R) \*\*



10 p.m.  
**Dark Blue** (R)

### Saturday, April 26



2 p.m.  
**Dare Devil** (PG-13)



4:30 p.m.  
**The Life of David Gale**  
(R) \*\*



7:30 p.m.  
**Dream Catcher** (R)



11 p.m.  
**Old School** (R)

### Sunday, April 27



1 p.m.  
**Jungle Book 2** (G)



3:30 p.m.  
**How to Lose a Guy in 10 Days**  
(PG-13)



6 p.m.  
**Anger Management**  
(PG-13)

### Monday, April 28



5:30 p.m.  
**Shanghai Knights** (PG-13)



8 p.m.  
**Dark Blue** (R)

### Tuesday, April 29



5:30 p.m.  
**Dream Catcher** (R)



9 p.m.  
**Old School** (R)

### Wednesday, April 30



5:30 p.m.  
**Biker Boyz** (PG-13) \*



8 p.m.  
**Anger Management**  
(PG-13)

### Thursday, May 1



5:30 p.m.  
**The Recruit** (PG-13) \*



8 p.m.  
**Dark Blue** (PG-13)

### Friday, May 2



5:30 p.m.  
**The Life of David Gale**  
(R)



8 p.m.  
**Tears of the Sun** (R) \*\*



10:30 p.m.  
**Old School** (R)

\*\*\* Future Re-release \*\*Sneak Preview \*Last Showing  
(All times and movies are subject to change. For more information on the schedule, call the movie hotline at

## Shout

DoDDs students talk about what's happening in the community

## Sure start applications available

Stephen Decatur Elementary School is now accepting applications for early acceptance for the 2003-2004 Sure Start Program. Applications can be picked up from the school registrar, the Child Development Center or the Fleet and Family Services Center. To be considered for early acceptance, applications must be returned Stephen Decatur Elementary School no later than May 16. Considerations for enrollment include the following:

- Child is 4-years old on or before Oct. 31
- Child in a family with sponsor in grades E-1 to E-4
- Child is of low birth weight – under 5 pounds, 5 ounces
- Child has a parent whose primary language is not English
- Child has a parent who was a teenager when child was born
- Child is in a family headed by a single parent
- Child has three or more siblings close in range
- Child has an older sibling with a severe disability
- Child has a parent on remote assignment for three or more months
- Child has a parent who has not graduated from high school.

Priority placement is given to four-year olds whose sponsor is in grades E-4 and below. Consideration for E-5's will be on a space available and case-by-case basis. E-6s and above will not be considered and need not apply.

Applications not selected for early acceptance will be reviewed in the Fall, 2003. For more information, please contact the SDES registrar at 624-4406.

## Stephen Decatur School Boosters Club officer elections

The SDS Boosters Club is an organization dedicated to supporting the Stephen Decatur School Student-Athletes and the Athletic Programs. We support them by purchasing needed items, and by sponsoring, organizing and funding three Sports Banquets per year. We are having our annual Officer Elections on May 6, at the SDS Library, and all Executive Board positions (President, Vice President, Secretary, and Treasurer) are available. If you are interested in becoming an officer or helping with the Boosters Club, please come to the meeting in May or contact Lt. Hiram Lamb at 624-2915 or lambh@ncts.sicily.navy.mil.

## This Week on...

### Sat. Apr 26 - NBA Playoffs

AFN Atlantic 11:00 PM

### Sun. Apr 27 - NASCAR: Auto Club 500

AFN Atlantic 8:30 PM

### Mon. Apr 28 - Mini Series: Nuremberg (Part 1)

AFN Atlantic 8:00 PM

### Tue. Apr 29 - Mini Series: Nuremberg (Part 2)

AFN Atlantic 8:00 PM

### Wed. Apr 30 - Joe Millionaire (Season Premiere)

AFN Atlantic 8:00 PM

CHECK OUT AFN'S NEW INTERACTIVE WEBSITE AT AFNEUROPE.NET/SIGONELLA

TUNE INTO THE VOID MORNING SHOW ON 106.0 ZFM MONDAY THROUGH FRIDAY

6 AM - 9 AM

afneurope.net/sigonella

### Fri. April 25

Come along with ITT to enjoy the Vizzini Ricotta Cheese Festival. Say cheeese and enjoy this awesome Italian cheese. Call ITT at x4396/x4777 for more information.

### Sat. April 26

See the grand cathedral and explore the catacombs in Palermo. Then visit Monreale, a majestic church with mosaics and biblical themes. Call ITT at x4396/x4777 for more information.

Run in the First Sigonella Half-Marathon. Awards go to the top three in each category. This Captains Cup race starts at the NAS I fitness center. Registration begins the day of the event from 7:30 a.m. to 8:15 a.m. Pre-register by 5 p.m. on April 25 at the NAS I or II Fitness Centers for a reduced fee.

### Sun. April 27

Hike the Pantalica Gorge and explore the bat cave of Pantalica with Liberty. Sign up and pay by 6 p.m. at Take 5 on April 25.

Visit Palma di Montechiaro and witness the Madonna del Castello Festival with ITT. Step back to the medieval age where you'll see Sicilian horses in costume, bagpipers, knight and devotees. Call ITT at x4396/x4777 for more information.

### Mon. April 28

Movie, Volleyball and BBQ at the NAS I Pavilion with Liberty. Watch "One Crazy Summer" in a traveling movie theater while you play volleyball and eat some free BBQ. Prizes go to winners of the volleyball game and movie munchies for everyone.

### Tues. April 29

Eat some yummy Italian food with Liberty. Get off base and let liberty pay for up to E10 of your meal. Bring extra euro if you're extra hungry. Sign up and pay before 6 p.m. at Take 5 by April 28.

### Weds. April 30

Prepare you vocal chords for Karaoke and All Request Night at 6:30 p.m. at JOX Sports Bar.

### Thurs. May 1

Join ITT on a cruise of the Aeolian Islands from the port of Catania. Disembark in Lipari where you'll spend a few hours visiting the Bernabo Brea Museum and the Archeological Park. After lunch, cruise around Vulcano Island and witness the Allume Caves. Call ITT at x4396/x4777 for more information.

HC-4 from page 1

sent for depot level maintenance. Two of the aircraft are deployed to the Central Command (CENTCOM) area of responsibility, and the other six are here in the Mediterranean. Four of those six are forward deployed in the eastern Mediterranean. “We’ve had a detachment [in the CENTCOMAOR] since the first week of November 2001 in response to the September 11<sup>th</sup> attacks and the war in Afghanistan, and now they are supporting ships during Operation Iraqi Freedom,” said Cmdr. Mike Fitzpatrick, HC-4 Commanding Officer.

HC-4 transports parts, passengers, munitions, mail, and many other types of cargo that are needed by the carriers and amphibious assault ship task forces. “Every carrier out there, whether with the fifth or sixth fleet, has seen an HC-4 bird over the last several months,” said Dufford.

“In the last three months the squadron itself has flown 982 hours, which is a good bit more than average,” said Dufford. “We’ve moved about 2.8 million pounds of cargo, and almost 1,500 passengers,” he said. “Those numbers are pretty far above average for a three month period.” He said most of this was in support of Operation Iraqi Freedom.

“We’re moving 60 percent more in the way of cargo and personnel than during a normal year,” said Fitzpatrick. “And we’re doing so safely and while maintaining the material condition of the aircraft in a very demanding environment. I think that attests to the fact that our detachments are far exceeding any type of performance measure we have seen at HC-4, at least in the last decade.” He said this is due to the individual efforts of the pilot, aircrewman, maintainer, and CPO on the deck. “Because unlike a lot of other organizations we

don’t go out there big and heavy with a lot of extra folks,” said Fitzpatrick. “We’re using about 40 percent of the people to maintain the same number of aircraft as other squadrons.”

The Sailors who keep the operation running the way that it does are happy to do so. “We work 12 hours a day, 7 days a week without fail,” said AO1 (AW/NAC) Robert Kinney, NATOPS(Naval Air Training and Operating Procedures Standardization) leading petty officer and recently returned from Eastern Mediterranean operations. “Everybody was happy to be there and no one was upset that they were forward deployed.” The MH-53 requires a lot of care from these Sailors to keep it up and running. Kinney said it takes about 60 man-hours of work for every hour flown. “There’s a lot of maintenance involved on this aircraft,” he said. “A lot of times aircrew and maintainers will go over their 12 hours just to be able to complete the job.”

“They’re the last link in the chain to get the cargo from wherever it comes from in the states out to the ship,” said Dufford. “We would never be able to fly the aircraft without a lot of work going into it.”

All this hard work is getting the mission accomplished. “We’re the final link in the air bridge from the United States heartland to the Sailor standing on the carrier waiting for an aircraft engine to show up so he can fix an F-18,” said Fitzpatrick. “It has to get through the entire way for it to be of any use to that Sailor. I think our part in the game, like the part that the air station itself plays, is critical,” he said. “Getting it to within 200 miles of the carrier, it might as well be back in Arizona because it’s no use to the Sailor if it’s 200 miles

away.”

“There’s a lot of pride throughout the squadron that we’re able to make all of our missions in support of Iraqi Freedom,” said Kinney. “We’re always able to get the customers what they want. We’re always making our mission.”

And those customers are happy with the job HC-4 does. “The feedback that we’ve received from our customers that they’re supporting has been outstanding,” said Fitzpatrick. He said the flight hours that the forward-deployed four-helicopter detachment has completed in the last month alone is the highest rate HC-4 has on record since the squadron’s inception. “With that kind of demand on the aircraft we’ve been able to keep up with maintenance and still provide uninterrupted support to the carriers,” he said.

For the time being, the “Black Stallions” will be leaving an empty hangar while they take to the skies in support of their mission. “I’m very satisfied when I walk out there,” said Dufford. “I get a fairly profound sense of pride that we got them all out of here,” he said. “The taxpayers dollars are being used for what the intent is, to have all the aircraft out doing their job.”

“It’s very quiet here, I’m not used to the silence,” said Kinney. “ But it’s a good feeling knowing that we’re able to support all the missions that we’re given.”



Photo by PH2 Damon J. Moritz

**AE3 Michael Erves replaces a blade wire harness on an MH-53E “Sea Dragon” assigned to the “Black Stallions” of Helicopter Combat Support Squadron Four (HC-4).**

**Trivia Answers**

- 1) dreamt
- 2) beards
- 3) the state of not being able to remember the word you want
- 4) Clearwater, Fla.
- 5) Mexico City, has a fleet of over 60,000 taxis